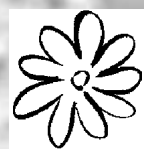
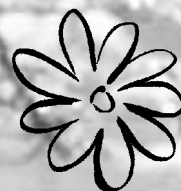


Cambridge Recreation Program



at the War Memorial,
1640 Cambridge Street
Cambridge, MA **617 349-6237**



Swimming • Tennis • Basketball Volleyball • Athletics • and more!

Dear Participant,

It is hard to believe I am writing about spring when we are in the middle of an Arctic Blast. Eventually this weather will go away and the trees will begin to have leaves, grass will be green and flowers blooming. Due to all these factors it is time to think about coming out of hiding and taking classes. Learn how to play tennis, or swim off the pounds that appeared during the winter. If you play tennis already join the adult tennis league and have a fun summer and make new friends. If you want people to work out with join the masters swim program. Take advantage of a coach that can help you become a more effective and efficient swimmer. Make those workouts count.

Please support the synchronized swim team and buy tickets for their show. They will be performing May 31 and June 1. This is a yearly event for them and they work very hard to prepare. I am sure you will be pleased you attended and it might be a great opportunity to introduce a daughter to the sport. Tickets can be bought at the door.



In previous letters it has been mentioned that the pool may be closed after the summer session and through September. It appears that this work will go forward. It should take approximately six weeks but there is always the possibility that it could go longer. Hopefully the pool will reopen on September 29, 2003. You will be kept informed. All of the work will be done under the pool and will include a new balance tank, filters for the large pool, re-piping etc. It will not be work that you can see but it is work needed to keep the pools operational.

If you have questions please contact me at (617)349-6237

Sincerely,

Donna M. Cameron

Donna M. Cameron
Recreation Activities Manager

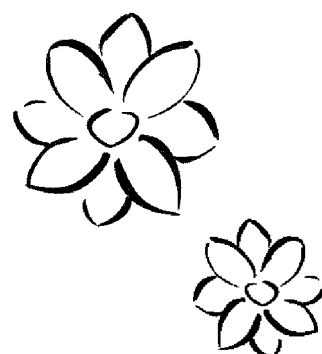


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Operating Hours

Monday-Friday the desk opens at 5:30pm Facility closes at 9:15pm

Saturday desk opens at 8:30am. There are occasional adjustments on Saturday opening. Facility closes at 7:15pm.

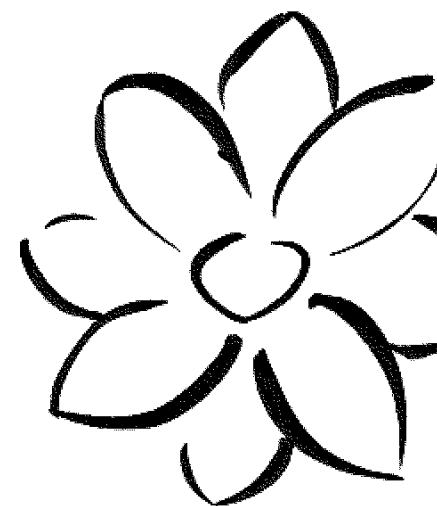
Sunday desk opens at 12:00 noon. Facility closes at 5:15pm.

The front door is locked 45 minutes before the facility closes based on the clocks in the facility.

Dates Closed

April 20-21, May 23-26, (Pool Only May 30-31, June 1), July 4

The Cambridge Recreation department telephone number is **617 349-6279**. Staff members are available at this number during regular operating hours to answer questions. TTY/TDD: **617 492-0235**. When the facility is closed there is a recorded message available.



Please register early to avoid disappointment



Fit For Spring

Children's Swimming

Children's Swimming Lessons

March 29 - May 17

(8 Weeks) Parents are allowed in the pool with children only during Toddler/Preschool lessons.

Toddler/ Preschool

CS101 Saturday 10:00-10:30am

CS102 Saturday 12:30-1:00pm

CS119 Saturday 10:30-11:00am

Ages: 18 months-4.5 years

\$35 Resident / \$40 Non-Resident

Parents are required to participate.

Children not toilet trained must wear a diaper and rubber pants. One child per adult.

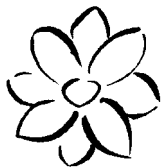
Preschool Referral/Level I

CS103 Saturday 1:00-1:30pm

Ages: Toddler/Preschool/5 & 6 years

\$35 Resident / \$40 Non-Resident

Children participate in this class without parents. If you are interested in this class for your child he/she must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.



Level I: Water Exploration

CS104 Saturday 11:15-11:45am

CS106 Saturday 3:15-3:45pm

Ages: 5-11 years

\$35 Resident / \$40 Non-Resident

Become more oriented with the aquatic environment and move comfortably in the water. Learn to submerge face, breath control, supported floating. Class meets in the small pool (60 min. of the time).

Level II: Primary Skills

CS107 Saturday 11:45-12:15pm

CS108 Saturday 1:45-2:15pm

CS109 Saturday 3:15-3:45pm

Ages: 5-11 years

\$35 Resident / \$40 Non-Resident

Learn to submerge face, sit on bottom, front, retrieve, and water buoy, rhythmic breathing, and flutter kick front and back. Class meets in the small pool (max. 60 min. of the time).

Level III: Stroke Development

CS111 Saturday 10:45-11:15am

CS112 Saturday 11:15-11:45am

CS118 Saturday 3:15-3:45pm

Ages: 5-11 years

\$40 Resident / \$45 Non-Resident

Learn front and back crawl, freestyle, backstroke, treading water, diving from the side of the pool. Class meets in the large pool.

Level IV: Stroke Development

CS113 Saturday 10:45-11:30am

CS114 Saturday 3:15-4:00pm

Ages: 5-14

\$40 Resident / \$45 Non-Resident

Learn deep water hobbiting, breast stroke, butterfly, and backstroke. Class meets in the large pool (max. 60 min. of the time).

CS115 Saturday 11:15-11:45am

Ages: 5-14 years

\$40 Resident / \$45 Non-Resident

Introduction of the butterfly, open turns, and perform all previous strokes at increased distances. Class meets in the large pool.

Level VI: Skill Proficiency

CS116 Saturday 2:30-3:15pm

Ages: 5-14 years

\$40 Resident / \$45 Non-Resident

Diving off board, perfect strokes, open turns, and tuck surface dives, and back turns. Class meets in the large pool.

Level VII: Advanced Skills

CS117 Saturday 2:30-3:15pm

Ages: 5-14 years

\$40 Resident / \$45 Non-Resident

Perfect all strokes, perform springboard dives in tuck and pike position, swim continuously for five hundred yards and tread water for five minutes.





Gymnastics

Safety Awareness

In all gymnastics classes children will build strength and flexibility, balance, and coordination while they learn new skills. It is extremely important that your child be on time for class and not miss the warm-up period. If your child is not properly warmed up, injury may occur. Please cooperate with our effort to provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro:

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

GYM 1:

Intro 9:30-10:15 am
March 29 - May 17 (8 weeks)
Ages: 2-3
\$40 Resident / \$45 Non-Resident

GYM 2:

Intro 10:15-11:00 am
March 29 - May 17 (8 weeks)
Ages: 3-4
\$40 Resident / \$45 Non-Resident

Children's Plus & Experienced:

Prior participation in gymnastics is required. Children should be able to participate in class without parent involvement. It will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.



GYM 3:

Plus 10:15-11:00 am
(1-2 semesters of experience required)
March 29 - May 17 (8 weeks)
Ages: 2-4
\$40 Resident / \$45 Non-Resident

GYM 4:

Experienced 9:30 - 10:15 am
(3-4 semesters of experience required)
March 29 - May 17 (8 weeks)
Ages: 3-5
\$40 Resident / \$45 Non-Resident

Beginner:

Classes will focus on building strength, flexibility, and endurance while learning the basics of gymnastics and tumbling.

GYM 6:

Boys 11:00-12:00 pm
March 29 - May 17 (8 weeks)
Ages: 5-8
\$55 Resident / \$60 Non-Resident

GYM 7:

Girls 11:00-12:00 am
March 29 - May 17 (8 weeks)
Ages: 5-8
\$55 Resident / \$60 Non-Resident

Advanced Beginner:

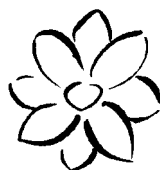
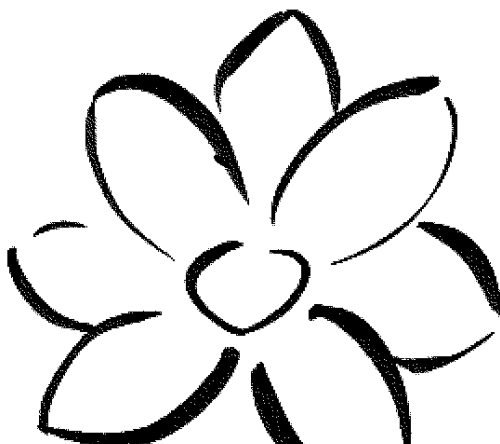
Prior participation in Beginner gymnastics, including cartwheel on both sides, forward and backward roll and bridge.

GYM 8:

Saturday 12:00-1:00 pm
March 29 - May 17 (8 weeks)
Ages: 4-8; Girls
\$55 Resident / \$60 Non-Resident

If you are interested in intermediate or advanced levels of gymnastics

Call: (617)354-5780





Children's Tennis

All Classes Meet for 7 Weeks
\$35 Resident / \$40 Non-Resident

April 5 - May 17

Parents are asked to participate in Pee Wee Classes if necessary.

Pee Wee Tennis - Group I

CT102 Saturday 12:45-1:30pm

Ages: 4-6 years (only)

This class is for students with no previous experience.

Pee Wee Tennis - Group II

CT103 Saturday 9:45-10:30am

Children's Ages: 4-6 years (only)

This class is for students with minimum experience (at least one session).

Pee Wee Tennis - Group III

CT104 Saturday 11:15-12:00pm

Ages: 4-6 years (only)

This class is for students who have taken two or more sessions.

Beginner Tennis

CT110 Saturday 9:00-9:45am

CT106 Saturday 1:30-2:15pm

Ages: 7-14 years

This class is for students with absolutely no experience.

Advanced Beginner Tennis

CT107 Saturday 2:15-3:00pm

CT111 Saturday 10:30-11:15pm

Ages: 7-14 years

This class is for students who have taken some lessons, can keep score, and know the rules of the game.

Intermediate Tennis

CT108 Saturday 3:00-3:45pm

Ages: 7-14 years

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

Advanced Tennis/ Teens Advanced Tennis

CT109 Saturday 3:45-4:30pm

Ages: 9-17 years

Students who have progressed into serving and volleying will be drilling and playing games focused on strategy in singles and doubles.

Adult Tennis

Tennis students attending 7:00pm classes may remain after their class to practice on the wall, and those students attending the 8:00pm class may come one hour before their class to practice. This applies to the night you attend.

Beginner Tennis

AT101 Thursday 8:00-9:00pm

April 3 - May 22 (8 weeks)

\$45 Residents / \$50 Non-Residents

This class is for students with no previous experience.

Advanced Beginner Tennis

AT102 Wednesday 7:00-8:00pm

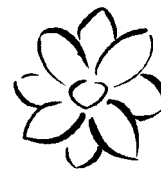
April 2 - May 21 (8 weeks)

\$45 Residents / \$50 Non-Residents

This class is for students who have taken some lessons, can keep score, and know the rules of the game.



**Don't miss out,
Register today!**



Intermediate Tennis

AT103 Wednesday 8:00-9:00pm

April 2 - May 21 (8 weeks)

\$45 Residents / \$50 Non-Residents

Students in this class have taken several classes or have progressed beyond forehand and backhand and are ready for serving and volleying.

Advanced Tennis

AT106 Thursday 7:00-8:00pm

April 3 - May 22 (8 weeks)

\$45 Resident / \$50 Non-Residents

Students who have progressed into serving and volleying will be drilling and playing games focused on strategy in singles and doubles.

Adult Tennis League

Fee: \$150.00 Ages: 16 years and above

Time: 6:00 - 9:30 PM

Location: Rindge Field

A. League begins Monday, June 2nd

B. League begins Wednesday, June 4th

Sign up: 2002 teams returning with 50% of their players (dependent on team size), must submit a copy of their roster by May 5th in order to be given preference due to new teams. At that time, 50% of your roster will be set and considered a registered team when payment is made, whether you are an old or new team. Teams must register by May 13th. All checks will be held and returned if your team does not become part of the league.

The Recreation Department does not create teams. If you are interested in being on a team, leave your name and phone number at the war memorial, you may also take the names and phone numbers of team captains to find out if a team needs a player. Final rosters are due on May 19th at the War Memorial. You can drop off your roster at the times listed below. All rosters are to be directed to Donna Cameron. Rules, rosters and sign up sheets will be available as of April 7 and can be picked up at the War Memorial, Mon - Fri, 5:30 - 8:30 PM, Sat 8:30 AM - 6:30 PM, Sun 12 PM - 4:30 PM. The facility is closed April 20 & 21. No rosters accepted after May 19.

Swimming



Level I

Water Exploration

AS101 Tuesday 6:30-7:15pm

April 1 - June 3 (10 weeks)

\$55 Residents / \$60 Non-Residents

Have you ever been in water over your head? Is the only water where you feel comfortable in the bathtub? If so, and you cannot swim, this level is for you.

Level II

Primary Skills

AS102 Tuesday 7:15-8:00pm

April 1 - June 3 (10 weeks)

\$55 Residents / \$60 Non-Residents

Can you move your arms and legs? Have you ever been taught anything about swimming? If you are ready to consider the front crawl and back crawl, this level is for you.

Level III

Stroke Readiness

AS103 Monday 6:30-7:15pm

April 7 - June 9 (8 weeks)

No class April 21 or May 26

\$45 Residents / \$50 Non-Residents

If you can swim the length of the small pool, and are ready to learn the breast stroke, then this is the level for you.

Level IV

Stroke Development/Refinement

AS104 Monday 7:15-8:00pm

April 7 - June 9 (8 weeks)

No class April 21 or May 26

\$45 Residents / \$50 Non-Residents

If you can swim at least one lap of the lap pool, and you are ready to learn the breast stroke and the side stroke, then this level is for you.

Masters Swim Program

The Masters Swim Program is designed for people who have at least a basic swimming competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You will have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke and breaststroke. If you have any questions, please feel free to contact me. The larger the group, the more motivation to improve. So come swim!

AS105 Tuesday & Thursday 6:45-8:00pm

April 1 - June 10 (20 sessions)

\$70 Residents / \$80 Non-Residents

No class June 5th

Aquatic Exercise Classes

Choreographed Routines

aerobics and deep water work out

AQ101 Monday and Wednesday

5:30-6:45pm

March 31 - June 11 (10 weeks)

No class April 21 and May 26

\$75 Residents / \$85 Non-Residents

Step/Deep Water Aerobics

AQ102 Monday and Wednesday

6:45-8:00pm

March 31 - June 11 (10 weeks)

No class April 21 and May 26

\$75 Residents / \$85 Non-Residents

Why Aquatic Exercise?

Whether you are new to exercise or a seasoned swimmer, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the buoyant property of water to yield a challenging workout, with minimal impact on the joints.

Classes are designed to maximize heart and lung capacity, increase cardiovascular fitness, as well as muscular strength, toning, and flexibility.

Classes are held in the 4-foot deep pool, the 6-foot deep pool, or the 10-foot deep pool, using flotation belts. Aquatic shoes are required. Flotation belts are provided. If you have not considered aquatic exercise please give us a try.

• Our instructors are certified by the Aquatic Exercise Association. Lifeguards are present during the class.

Swimming

Senior Adult Program

These classes are available to students ages 55 and over. Mail registration begins on February 24 and ends March 7.

Please follow your registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics. Please note that registration is by mail only. Registration is based on first-come, first-served basis.

Note: Registration boxes closed after March 7.

\$35 for 10 sessions
\$55 for 20 sessions

Aqua Aerobics Schedule

AQ100 Monday & Thursday

3:30-4:30pm

AQ101 Tuesday

3:30-4:30pm

AQ102 Wednesday

3:30-4:30pm

Class Schedule

Tuesday	Thursday
April 1	April 3
April 8	April 10
April 15	April 17
April 22	May 1
May 6	May 8
May 13	May 15
May 20	
May 27	May 29
June 3	June 5
June 10	June 12

No Classes April 22 and 24 due to school vacation.

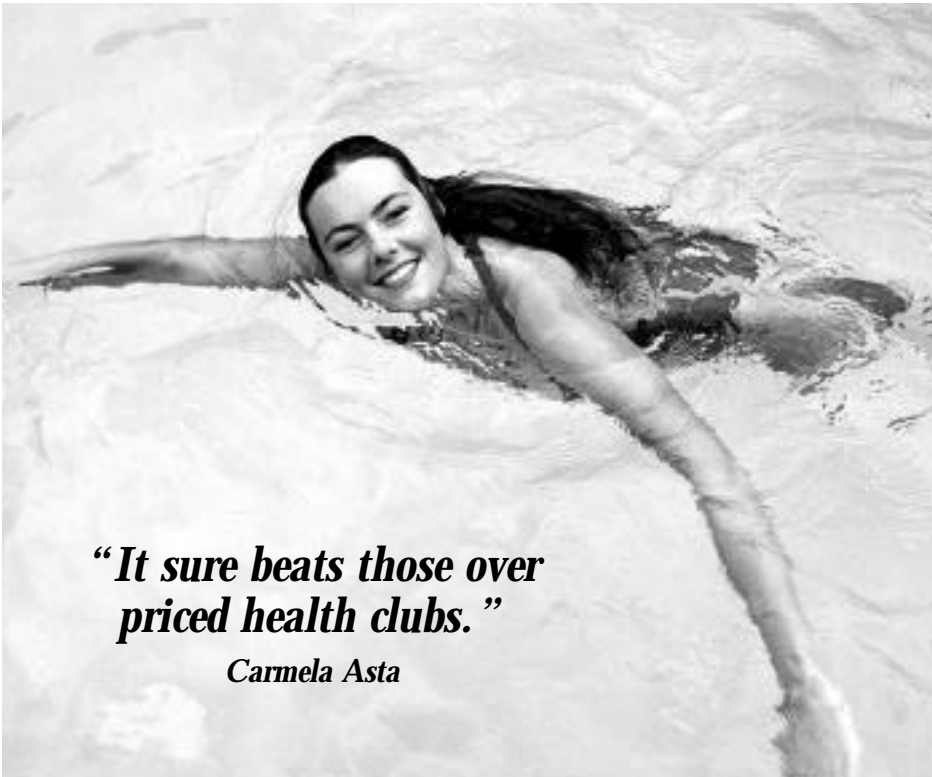
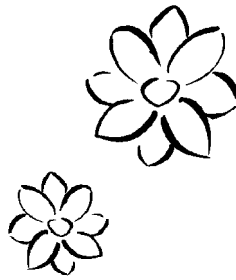
Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation.

are eligible for a waiver. If you are unable to attend, please call in advance. If you do not show up, your registration will be returned as incorrect. Registrations that do not include a check for the full amount for ten or twenty sessions will not be accepted. Although you may miss a class, you must be paid in full. There are no make-ups for missed classes. The program has been increased to cover dropouts as well as absenteeism. Please come to classes only on the day(s) you have registered for. Thank you for your cooperation in this matter.

Walk-in registration will be available at the Senior Memorial on the first day of classes. Please call in advance and check for availability. This will be for those of you who missed the first class. Please do not pay the full amount. The maximum number that can be registered for Aqua Aerobics is eight per class. If you have any questions concerning any of this information, please call Camille at (617) 349-6279. If you do not reach her, please leave a message on my voice mail.



Pool Fees



"It sure beats those over priced health clubs."

Carmela Asta



	Cambridge Resident	Non Resident
Per swim child*	1.00	1.25
Per swim adult	3.25	3.75
Per swim senior**	1.50	1.75
Per swim couple***	4.75	5.75
Per swim family	5.00	6.00
10 swim adult	25.00	30.00
10 swim senior	10.00	13.00
10 swim couple	40.00	45.00
10 swim family	45.00	50.00
30 day pass adult	40.00	45.00
30 day pass senior	25.00	30.00
30 day pass couple	65.00	80.00
30 day pass family	70.00	85.00
24 week adult	110.00	135.00
24 week senior	40.00	60.00
24 week couple	130.00	155.00
24 week family	135.00	160.00
48 week child	35.00	55.00
48 week adult	140.00	180.00
48 week senior	60.00	85.00
48 week couple	180.00	255.00
48 week family	185.00	265.00

* Children's fee-from birth to 17 years.

** Senior citizen rates are for those 60 years and above. proof of age must be shown when ticket or passes are purchased.

*** A couple constitutes two people living at the same address. Proof must be shown by both people.



Pool Schedule

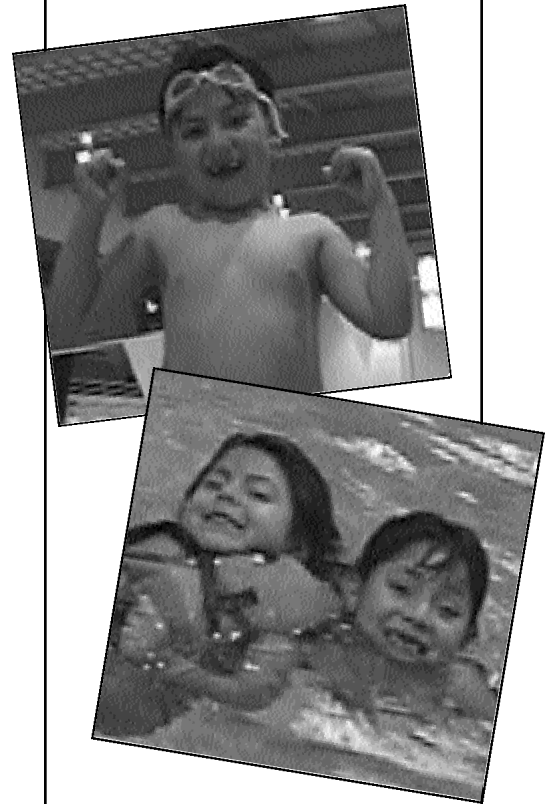


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Small pool & Diving Tank Not Available</i>	<i>Diving Tank Not Available</i>	<i>Small Pool & Diving Tank Not Available</i>	<i>Diving Tank Not Available</i>			
Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Family Swim 5:30 – 8:30pm	SYNCHRO 7:00 – 9:00pm	Children Open Swim Ages 9+ 12:00 – 4:00pm
Adult Lap Swim 5:30 – 9:00pm	Family Swim 5:30 – 6:30pm	Adult Lap Swim 5:30 – 9:00pm	Family Swim 5:30 – 6:30pm	Adult Lap Swim 5:30 – 9:00pm	Children Swim Lessons 10:00am-4:00pm	Family Swim 12:00 – 4:30pm
Adult Swim Lessons 6:30 – 8:00pm	Adult Swim Lessons 6:30 – 8:00pm	Special Needs 6:30 – 7:30pm	Masters Swim 6:45 – 8:00pm		Children Open Swim Ages 9+ 4:30 – 6:30pm	Adult Lap Swim 12:00 – 5:00pm
Aqua Aerobics 6:45 – 8:00pm	Scuba 7:00 – 9:00pm	Aqua Aerobics 6:45 – 8:00pm	SYNCHRO 7:00 – 9:00pm		Family Swim 4:30 – 6:30pm	
	Masters Swim 6:45 – 8:00pm				Adult Lap Swim 4:30 – 7:00pm	
	SYNCHRO 7:00 – 9:00pm					

Parent Letter

Are you Photogenic? Then we need you!

The Cambridge Recreation Department is looking for a few new faces to jazz up our quarterly catalogue. Please submit photos, either in digital or print form and we'll use them where appropriate in future issues.



Please submit your photos with a release form to:

Donna Cameron
c/o Cambridge Recreation
Department
51 Inman Street
Cambridge, MA 02139

Dear Parent,

I am pleased to welcome you and your child to the program. In order that the programs operate smoothly and all the children have a good and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated. The War Memorial is a very large building located on a very busy street, therefore children under the age of eight need to be accompanied by an adult. All class participants are required to sign in at the front desk and check in at the pool and gym (parents of young children must do the signing, including siblings can come). Non-registered children and parents are not allowed access to these facilities. Please do not ask to speak to instructors as they are not allowed to allow your child into a class after registration is complete. Check the registration information in the back of the brochure and you will find the final date for registration in children's classes listed. The only exception to that date will be people on the wait listed and notified at the last minute that a space is available.

Swim Rules

Parents are required to be in the pool during pre-school instruction. There must be one adult per child in this class. Parents of children in pre-school referral through level seven must sit in the balcony or on the deck. Please prepare your child in advance for this so your child has realistic expectations. Children who are not toilet trained must wear a diaper and rubber pants or swim diaper in order to prevent debris in the pool. If this happens the pool must be closed for twenty-four hours to superchlorinate and allow for sufficient filtration so the water quality is returned to acceptable levels. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your question to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff she assigns will make the determination as to appropriate level and group. Please do not request that your child be placed in an inappropriate level, as it is unsafe as well as non-beneficial. If you do not place your child in the correct level due to scheduling conflicts, it would not make sense not to register them and wait for a more appropriate time.

Gym Rules

Parents of children who participate in class need to sit in the bleachers along with siblings. No adults or parents not participating are to be on the gym floor as this creates a distraction as well as safety hazard. Let me suggest that if it is difficult to keep your child busy, you use the tot lot in good weather or the library as alternative space. No one, including class participants, is to use any gymnastics equipment without the permission of the instructors. Please take into account the significant risk involved when you do not cooperate. Please do not ask instructors to allow non-registered siblings into classes. No basketball playing, tennis practice or other type of activity is allowed in the field house or any other part of the building during classes. Please respect all the children's and teachers right to undisturbed instruction. No student is to remain for more classes than they have registered for. If you have questions please speak to the gym manager.

If you have questions or concern please call me, I will be happy to speak to you. I can be reached at 349-6237.

Sincerely,

Donna M. Cameron

Donna M. Cameron, Recreation Activities Manager

Volleyball & Basketball



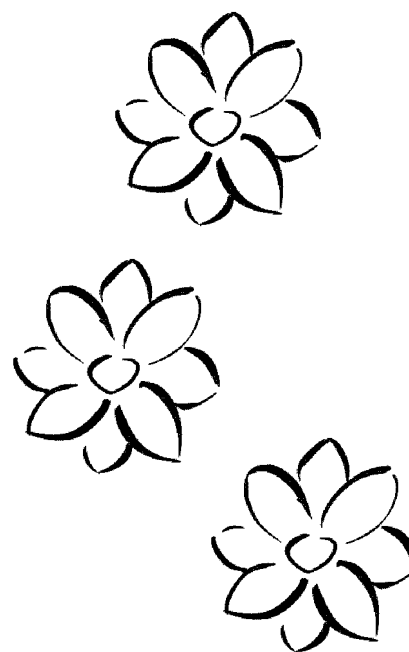
Co-ed Volleyball

Ages:.....21 and above
 Times:Friday, 7:00- 9:00pm
 Sunday, 12:00-3:00pm
 Start Date:October 4 and 6
 End Date:June 20+23
 Cost:.....\$2.50 Resident
 \$3.00 Non-Resident

Closed on April 20, May 24 and 26.

Women's Basketball

Ages:.....18 and above
 Time:.....Saturday, 3:00-5:00pm
 Start Date:October 12
 End Date:May 17
 Cost each time: \$2.50 Resident
 \$3.00 Non-Resident



Weight Room Fees

Per visit student \$1.00 (High School)

	Cambridge Resident	Non Resident
Per visit adult	3.25	3.75
Per visit couple	5.50	6.25
Per visit senior	1.25	1.50
10 visit adult	25.00	30.00
10 visit couple	45.00	55.00
10 visit senior	10.00	12.50
30 day adult	40.00	55.00
30 day couple	55.00	70.00
30 day senior	20.00	40.00
24 week adult	90.00	100.00
24 week couple	140.00	160.00
24 week senior	30.00	50.00
48 week student	25.00	25.00
48 week adult	125.00	145.00
48 week couple	170.00	190.00
48 week senior	45.00	65.00

Weight Room

Weight Room Schedule

Monday - Thursday . . 6:00 - 8:15pm
 Saturday 3:00 - 6:00pm
 Sunday 2:00 - 5:00pm



Combination Weight Room and Pool Fees

	Cambridge Resident	Non Resident
Per visit adult	4.25	5.25
Per visit couple	6.75	8.75
Per visit senior	2.00	2.50
10 visit adult	40.00	50.00
10 visit couple	62.50	82.50
10 visit senior	12.50	15.00
30 day adult	55.00	65.00
30 day couple	75.00	90.00
30 day senior	35.00	45.00
24 week adult	120.00	145.00
24 week couple	180.00	230.00
24 week senior	50.00	60.00
48 week adult	175.00	190.00
48 week couple	220.00	280.00
48 week senior	80.00	90.00



HAVING A BIRTHDAY?

Why not have your party at the War Memorial?

Enjoy swimming in our pools and a classroom is available for your party.

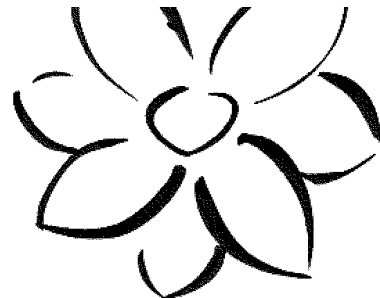
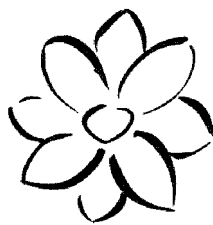
But hurry, space is limited and arrangements must be made in advance for the months of September through June. Dates must fall on a Friday, Saturday or Sunday. Only one party per day please.

The fee is \$1.50 per person and is payable upon arrival. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather.

Parties are not available June 27-September 7

For more information please call

617 349-6237



Recreation Department Rules

1) All patrons are required to sign-in at the Desk before proceeding to classes or activities. If you fail to do so you will be sent back immediately. Please be prepared to show your pass.

2) Please use the Main Cambridge Street entrance to enter and leave the facility. All other doors are emergency exits only and if they are opened, it is impossible to control who enters the facility.

3) Please do not bring valuables to the facility as the City of Cambridge can not accept responsibility for patron's possessions, so please do not ask to leave valuables in the Office or at the Front Desk. It is also important that you bring a lock for your locker each time you use the facility.

4) If your class is cancelled due to the weather or teacher absence it will be made up. Every effort will be made to hold the make-up on your regular class meeting day and to give you as much notice as possible.

5) Inappropriate behavior, including the use of profanity on the part of participants will result in the suspension of privileges.

6) The Recreation Division reserves the right to make schedule changes. Please check on the availability of facilities at the front desk before purchasing a ticket.

7) In order to receive the Resident rate proof must be presented at the time of purchase or registration. Acceptable proof is a drivers license, a utility bill, rent receipt, or check book.

8) During an emergency please follow the directions of the staff. If there is a Fire Alarm you must leave the building immediately. If there is a Pool Alarm the pool will be cleared of all swimmers for the remainder of the period.

9) If the Cambridge Public Schools are closed due to inclement weather, all War Memorial Programs are cancelled. If a storm begins during the day or affects weekend programs, cancellations will be on WRKO Radio and channel 7 Storm Force. There will also be a message on 349-6279 and 349-6237.

10) The City of Cambridge, Recreation Division, does not discriminate on the basis of disability. The War Memorial will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to persons with disabilities upon request.

Children:

1) No males over the age of 5 are allowed into the women's locker room, and likewise, females over the age of 5 are not allowed in the men's locker room.

2) Children under 12 will not be admitted into family swim if not accompanied by an adult. Children 13 and older will be allowed in without a parent. Failure to behave will require that a parent be there for future visits.

3) Adult lap swim is for adults 18 and older.

4) Children 8 and under must be accompanied in the pool by an adult unless the child is a competent swimmer. This will be evaluated by the pool staff.

5) Children must be accompanied by an adult in the pool.

6) Please do not leave children in the pool unattended.

7) The only flotation devices allowed in the pool are US Coast Guard approved life jackets in which your child must wear a seat belt. If your child wears a life jacket you must accompany them in the pool. Buoys, water wings/swimmies, and water tubes are not allowed.

To Our Pool Patrons:

All participants would like to benefit equally from using the pool for workouts. For this to occur in a productive way, all patrons need to behave in a considerate and cooperative manner towards each other. To help facilitate this as well as create a safe and more pleasant environment, some simple rules and premises are being established.

1) Speed of a lane is based on the fastest swimmer as well as the decision of management staff. If you are being lapped, you will be asked to move to a slower lane.

2) Kickboards and pull buoys may be used in any lane as long as you can keep up with the speed of the lane. Otherwise, you will be asked to move into a slower lane.

3) Circle swimming only, lanes may not be split. Swimmers should swim counter-clockwise regardless of how many people are in a lane.

4) Pool entry should be by pool ladders or by sliding in. Please do not jump or dive off ends as the pool is too shallow, and you may injure yourself as well as an on-coming swimmer.

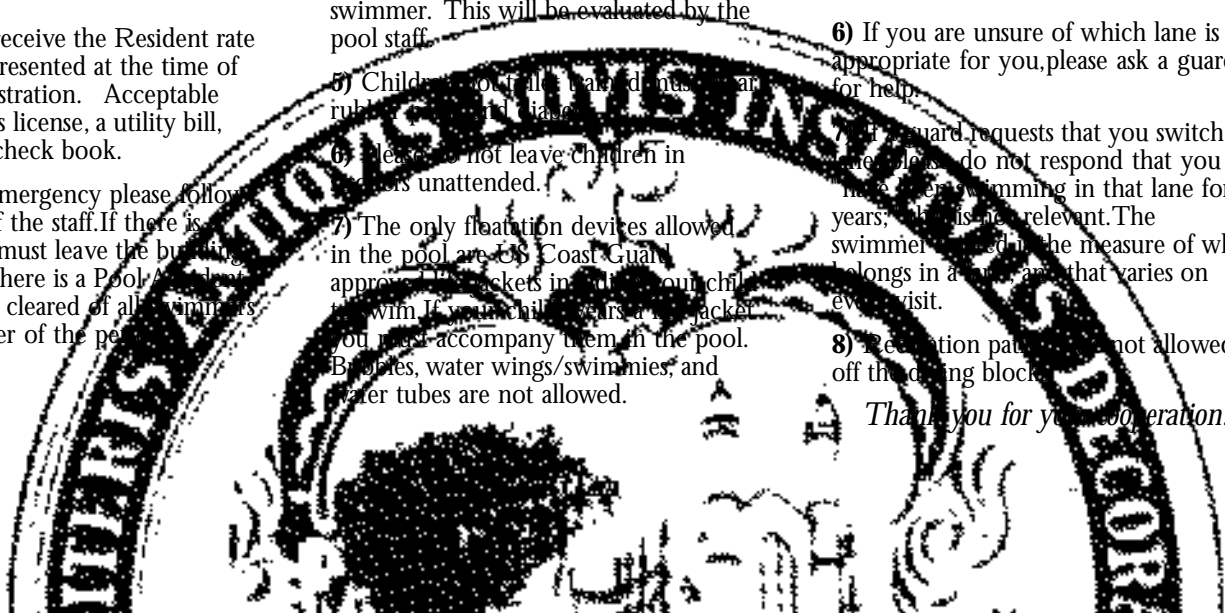
5) Lifeguards and managers have the final say, and may revoke your swimming privileges if you fail to follow their directions.

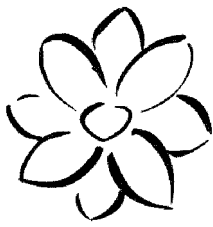
6) If you are unsure of which lane is appropriate for you, please ask a guard for help.

7) If a guard requests that you switch lanes, please do not respond that you have been swimming in that lane for years; this is not relevant. The swimmer is placed in the measure of who belongs in a lane and that varies on every visit.

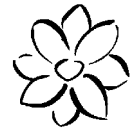
8) Recreation patrons are not allowed off the diving block.

Thank you for your cooperation.





War Memorial Rules



The following rules and regulations are required for the safety of all participants at the War Memorial Facility

1) Diving is only permitted in the diving pool.

2) ALL CHILDREN WILL BE TESTED. A child must swim 25 yards nonstop using only breaststroke or front crawl. This must be done to the satisfaction of the guard on duty.

3) All divers must surface immediately after their dive and swim over to the far ladder.

4) Only one person at a time on the diving board.

5) No one may catch another swimmer who is going off the diving board, regardless of age.

6) The diving tank is not for lap swimming.

7) The diving tank is not available at all times, so please check with the desk staff before purchasing a ticket.

Pool Etiquette:

1) All patrons are to shower before entering the pool per order of the Health Department.

2) Patrons are required to return all equipment to its proper location.

3) Lanes are marked for speed; therefore, patrons are to choose the lane appropriate for their ability, fast lanes are for high performance swimmers. Patrons requested by staff to change lanes need to do so immediately.

4) No glass containers are to be brought into the locker rooms or pool area.

5) All patrons need to leave the pool on time.

Pool Rules:

1) Patrons are not to enter the pool area if a lifeguard is not present.

2) Running, pushing, or rough play is not allowed.

3) Lanes may be pulled for programs at the discretion of the Recreation Division.

4) Please stay off lane lines.

5) Do not engage guards in unnecessary conversation while they are on duty.

6) Patrons are requested to observe all the rules and follow the instructions of the staff on duty.

Diving Rules:



War Memorial

Where is the War Memorial

The War Memorial is part of Cambridge Rindge and Latin High School. It is located at 1640 Cambridge Street across from the Mass House of Pizza and diagonally across from Harvard Vanguard.

What Will I Find There?

There are three swimming pools. The lap pool is six lanes and 25 yards long. The water temperature is 80 degrees. Diving tank - two diving boards, 12 feet deep. Round instructional pool is 84 degrees, Three-and a half feet deep. Life guards are always present.

Field House

Jogging/Walking Track.
4 Volleyball Courts
3 Indoor and 3 Outdoor Tennis Courts
2 Basketball Courts

Upstairs Gym

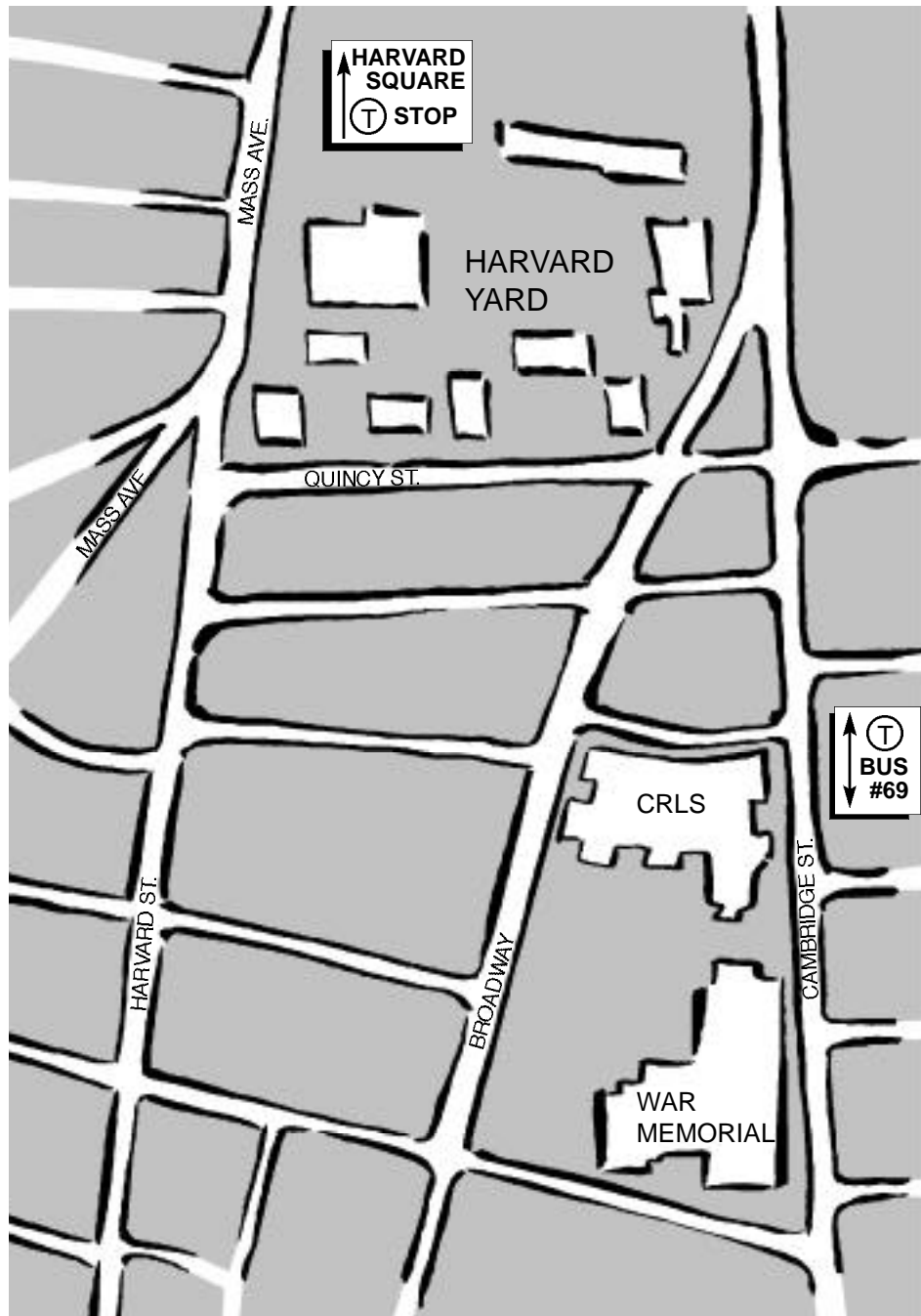
Full Regulation Basketball Court and Several Side Courts
Wood Floor

Weight Room

Small Universal, Stairmaster Treadmill, Rower, Bicycle
10 Nautilus Machines Designed for Women
Many Free Weights
Locker Rooms and Bathrooms.

How Can I Get There?

You can reach the facility by the T - the 69 bus stops almost in front of the door. You can take the Red line to Harvard and walk, which takes about 10-15 minutes. You can drive, but street parking is limited. There are meters on both side of the street. However, if you have a resident sticker, you can use off street parking. Please do not park in the library parking lot as it is for library patrons only.



Cambridge Recreation Program Scholarship Request Form

All information is kept strictly confidential

Child's Name

Mother's Name

Father's Name

Please List all others living in the home:

Scholarships are available to Cambridge Residents who meet one of the following guidelines:

- ☐ Recipients of Transitional Assistance
- ☐ Medicare Recipients
- ☐ S.S.I. Recipients
- ☐ WIC Recipients
- ☐ Fuel Assistance Recipients
- ☐ Unemployment

Please include documentation that you receive one or more of the above.

To the best of my knowledge, the above information is correct.

Signature

Date

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be awarded between July 1, 2002 and May 1, 2003.

Mail in your registration form, scholarship request form, and a copy of your 2000 tax return.

Please do not send a check at this time. If you receive a scholarship you will be notified by e-mail confirmation is mailed and at that time you will be required to send a check to the Recreation Department.

Hand delivered requests will not be accepted. Please do not request scholarship assistance until mail registration. Scholarship applications may only be made during mail registration.

Mail to:

Donna Cameron • Fall 2001 Registration • 51 Inman Street • Cambridge, MA 02139



Registration

How to register

by mail

All registrations are to be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Donna Cameron
Spring 2003 Registration
51 Inman Street

Cambridge, MA 02139

*All registrations are on a first come,
first serve basis.*

Mail registration begins February 24 and ends March 7. All mail must be post marked by March 7 or it will be returned.

Please make check payable to:
The City of Cambridge

Walk-In

Walk-in registration begins Thursday, March 13 from 5:30-8:30pm at the War Memorial.

Final registration for children's classes is Thursday, March 27. There will be no further registration after this date.

Please be careful when you address your envelope. Make sure you use the exact address listed above or your registration may not be received until after the deadline.

If you are wait listed please understand this does not mean you will get into a class. Once the children's classes have begun the wait lists are defunct. A child can only replace someone if notification is made before March 27th. Classes meet both weekends of April school vacation.

**Please register early to
avoid disappointment**

Registration Form 2003 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code	title	day	time	fee
second choice				
participant signature (parent/guardian signature if participant is under 18 years of age)				date

Registration Form 2003 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ cambridge resident ☐ non-resident ☐ new address
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Course information

course code	title	day	time	fee
second choice				
participant signature (parent/guardian signature if participant is under 18 years of age)				date



Registration

Additional Information

Preference is given to Cambridge residents. Non-resident mail will be date-stamped and placement in a class will be made at the end of the two weeks of registration if space is available.

Confirmations will be mailed on **March 12.**

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It will make your registration smoother. If you have changed your address since the last time you registered, please let us know.

Please write one check for every class you register. If a class is full, refunding you will be faster.

Please make checks payable to:
The City of Cambridge

Refund policy

Full refunds will be given if a class is cancelled due to low enrollment. A full refund will also be given if you cannot participate due to a medical reason and a physician's letter accompanies the refund request. If you choose to drop a class for yourself or a child, a refund will be given only under the following circumstances.

There is a waiting list and a replacement can be found.

Notification is given one week before the class begins.

A \$10.00 administrative fee will be charged for each class dropped. It will take four to six weeks to process a refund.

Registration Form 2003 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code	title	day	time	fee
	second choice			

participant signature (parent/guardian signature if participant is under 18 years of age) date

Registration Form 2003 (please print)

☐ Received ☐ Confirmed

Participant

last name first name sex ☐ male ☐ female
address
town/city zip code
home phone work phone
emergency contact emergency phone
D.O.B. parents name

Check all that apply

- ☐ cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code	title	day	time	fee
	second choice			

participant signature (parent/guardian signature if participant is under 18 years of age) date